### MAKE TIME TO TAKE THE TEST



David Proctor Idaho Resident

"I didn't have a screening test until after I had colon

cancer symptoms. By that time I needed radiation, chemotherapy and surgery. I wish someone had convinced me to get a colon cancer screening test five years earlier."

"I didn't want to get a colonoscopy. I'm healthy, I eat right, I exercise and there is no history of cancer in my family. But, I'm glad I did. They found a tumor and it was removed before it could become lifethreatening. That test saved my life."



Idaho Resident

For additional information about colon and other cancers visit:

> **National Cancer Institute** www.cancer.qov

The American Cancer Society www.cancer.org

Or call

Idaho CareLine • IDHW \*

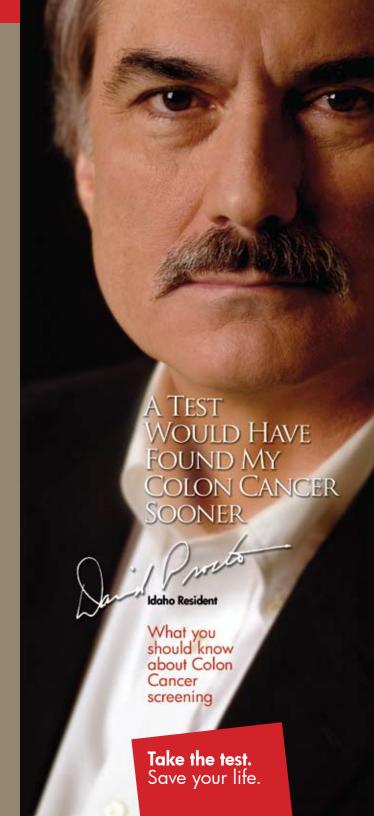


Get Connected. Get Answers. Dial 2-1-1 or 1-800-926-2588





Take the test. Save your life.



#### THE SECOND LEADING CAUSE OF CANCER DEATHS IN IDAHO

# EVERY YEAR PRECIOUS LIVES ARE LOST TO COLON CANCER

But the real tragedy is most of these lives could be saved with cancer screening.

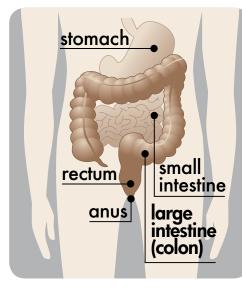
Caught early, the survival rate is 95%.

Make time for cancer screening.

Colon cancer starts as a growth (polyp) in the large intestine (colon) or rectum. Screening tests find polyps so they can be removed before they turn into cancer. Tests can also find cancer in the early stages when it is easier to treat.

- Screening is recommended for everybody aged 50 and older.
- You don't have to have a family history of colon cancer to be at risk.
- The risk of colon cancer increases as we get older.
- Colon cancer often has no symptoms.
- Many insurance plans cover colon cancer screening.

"I was shocked to learn I had colon cancer because I'm healthy, I eat right, exercise, and there's no history of cancer in my family."



## Tests used to screen for colon cancer.

A health care professional will help you choose the screening test that is right for you.

- Stool test
- Flexible Sigmoidoscopy
- Colonoscopy
- Double Contrast Barium Enema

## If you've got any of these symptoms get them checked out right away.

Colon cancer can kill you without warning. Symptoms, when they do appear, usually show up in the late stages of the disease. These symptoms can include:

- Bleeding from your rectum
- Blood in your stool
- Stool that is skinnier than usual
- Going at unusual times
- Diarrhea, constipation or both
- Full feeling and having stomach aches
- Gas pains
- Tired feeling
- Vomiting
- Weight loss for no good reason

If you're 50 or older, make time to take the test. Early action is the best way to beat cancer.